



Robins AFB
Georgia

**The 78th Services Division
would like to thank
the following
companies for their
generous donations**

Body Reflections
Fitness Center

Townecraft Cookware

Hi-Energy Weight Control
Warner Robins

Hi-Energy Weight Control
Macon

No Federal Endorsement of Sponsors Intended.

Resources

- **American College of Sports Medicine**
www.acsm.org

- **Walking**
www.about.com

- **National Institute of Diabetes
and Digestive and Kidney Disease**
www.niddk.nih.gov

- **National Institute of Health**
www.nih.gov

- **10K-A-Day Walking Program**
www.wellness.and.gov/svc/motive/10k/

- **Walking 101**
www.walking101.com

- **The Walking Site**
www.thewalkingsite.com

- **AAFES Shoe Selection Brochure**

Walking Log

Entry	Date	Steps	Miles	Time (min:secs)	THR or RPE
Ex1	2/12/2005	6000	3	45:23	142 (or "14")
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

**THR: Average Target Heart Rate

Welcome....

Welcome to the Robins AFB "Walk into Wellness" walking campaign! I am pleased to endorse this valuable fitness program for the Robins workforce. What's more, I applaud your individual commitment towards a healthier lifestyle.

Walking is an outstanding form of physical activity. According to the U.S. Surgeon General's report on Physical Activity and Health, regular physical activity greatly reduces your risk of developing heart disease and other chronic illnesses. A daily walking routine can strengthen your heart, improve your body, and energize your life.

Walking provides optimum fitness freedom. You can walk before or after work, during lunch, indoors, outdoors, alone, or with friends or family. I encourage you to take full advantage of the on-base walking tracks, as well as the services offered by the Health and Wellness Center. Start walking your way to a healthier lifestyle!

Michael A. Collings
 MICHAEL A. COLLINGS
 Major General, USAF
 Commander

Why Begin A Walking Program?

- One of the easiest ways to be physically active
- Inexpensive and easy to start
- Can do it almost anywhere at any time
- All you need is a pair of shoes with sturdy heel support
- Increases your energy
- Helps to alleviate stress
- Improves sleeping
- Aids in muscle definition
- Influences better nutritional choices
- Increases number of calories your body uses
(A brisk 30-minute walk burns about 200 calories.
Walking slowly for 30 minutes uses 100 calories.)
- Reduces risk for heart disease and other chronic health conditions
- Ideal for weight loss
- Boosts your brain power
- Least intimidating exercise for de-conditioned people
- Improves overall health
- Boosts HDL
(good cholesterol)
levels



Converting Steps To Miles or KM

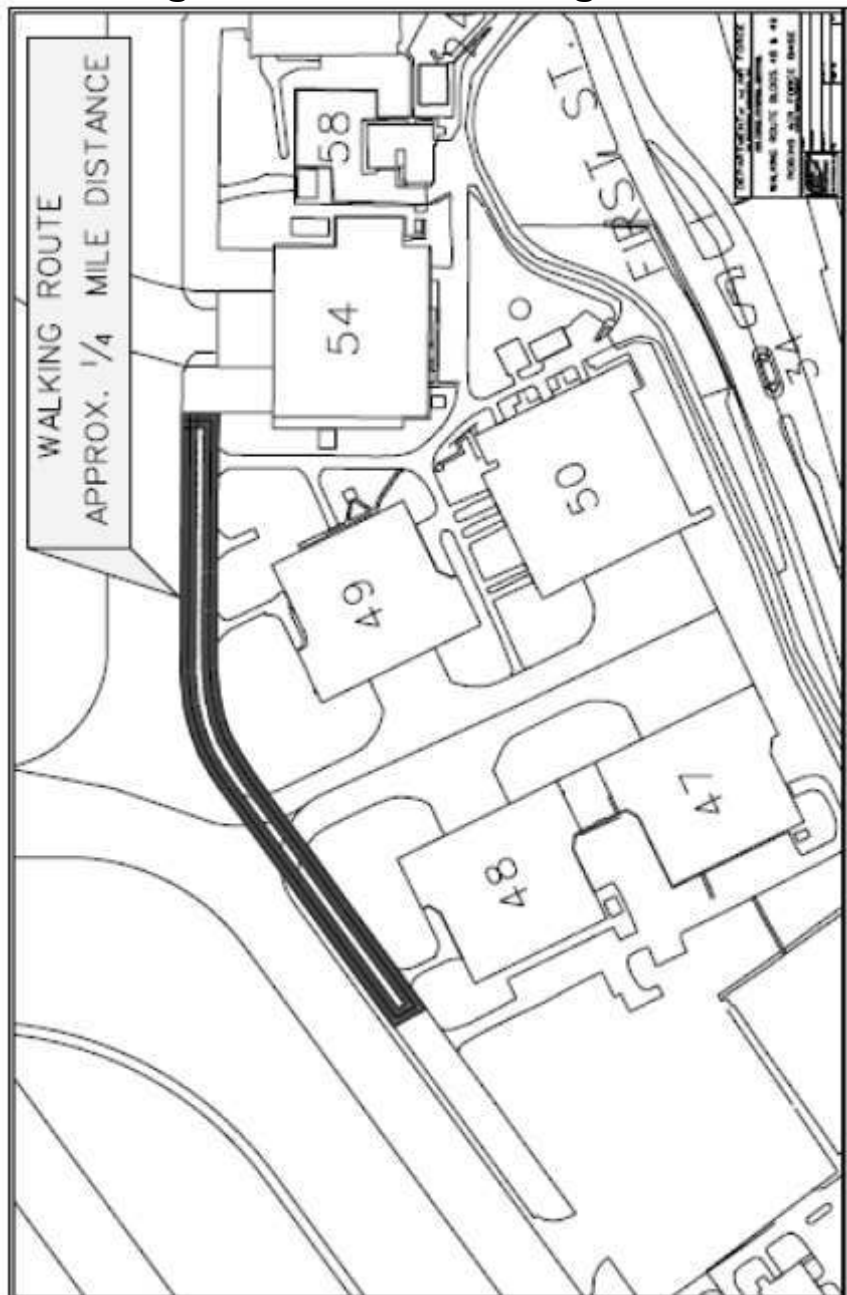
Using a pedometer, you can keep track of how many steps you take per day. The goal is to try to take at least 10,000 steps per day. However, if you are just starting out shoot for 2,000 to 4,000 steps per day and gradually work up to taking 10,000 steps.

If you are already reaching 10,000 steps per day then try to add 2,000 more steps the next day.

The conversion chart to the right is estimated, depending on stride length.

Steps	Miles	KM
500	0.25	0.40
1000	0.50	0.80
1500	0.75	1.21
2000	1.00	1.61
2500	1.25	2.01
3000	1.50	2.41
3500	1.75	2.82
4000	2.00	3.22
4500	2.25	3.62
5000	2.50	4.02
5500	2.75	4.43
6000	3.00	4.83
6500	3.25	5.23
7000	3.50	5.63
7500	3.75	6.03
8000	4.00	6.44
8500	4.25	6.84
9000	4.50	7.24
9500	4.75	7.64
10000	5.00	8.05

Bldg. 48 & 49 Walking Route



How Do I Know It Is Okay To Start A Walking Program?

Before Starting A Walking Program Answer The Following Questions:

- Has your health care provider ever told you that you have heart trouble?
- When you are physically active, do you have pains or discomfort in your chest or on your left side (neck, shoulder, or arm)?
- Do you feel extremely breathless after you have been physically active?
- Has your health care provider told you that you have high blood pressure?
- Has your health care provider told you that you have bone or joint problems, like arthritis, that could get worse if you are physically active?
- Are you over 50 years old and not used to a lot of physical activity?
- Do you have a health problem or physical reason not mentioned here that might keep you from being physically active?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

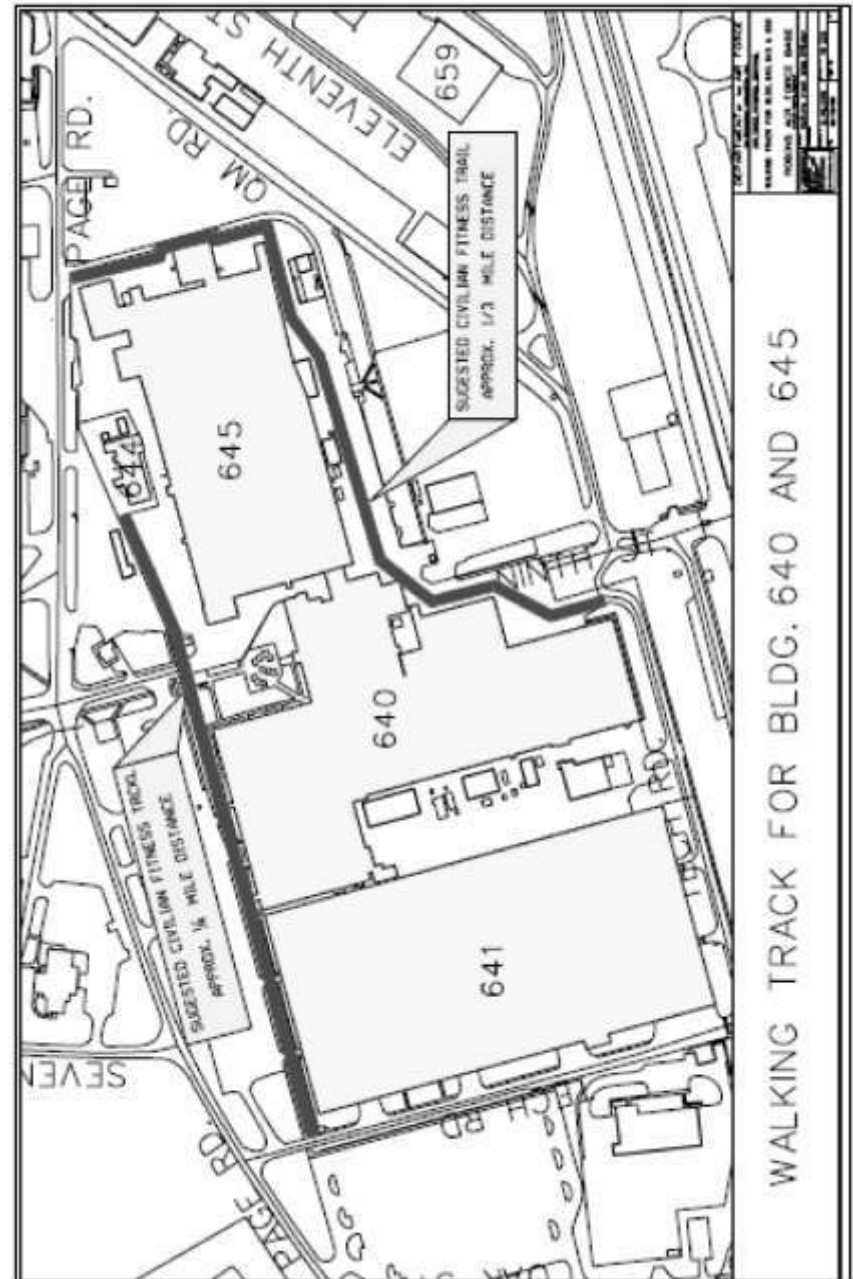
If you answered yes to any of these questions, please check with your health care provider before starting a walking program.

How Do I Start A Walking Program?

- Schedule yourself time to follow a program that will work for you.
- Choose a safe place to walk. (see maps)
- Find a buddy or a group of people to walk with you. Be sure your walking partner(s) can walk at the same scheduled time and at the same speed.
- Wear comfortable clothes and supportive shoes.
- Always stay hydrated. Drink plenty of fluids, particularly water.
- Split your walking program in 3 parts:
 - Warm-up: Walk slowly for 5 - 10 minutes.
 - Fast Walk: Increase speed for 15 - 30 minutes based on your fitness level.
 - Cool-down: Walk slowly again for 5-15 minutes.
 - Try to walk at least 3 to 5 times per week adding 2 to 3 minutes per week to the fast walk.
- If you can only walk 1 to 2 times per week, then add 2 to 3 minutes to the fast walk every 2 weeks.
- Start your program gradually to avoid sore or stiff joints and/or muscles.
- Over the course of several weeks, begin walking for longer periods of time and add more distance.

Thirty minutes of physical activity (walking or other physical activity) on most, if not all days is recommended by the Surgeon General.

Bldg. 640, 645 & 659 Walking Route

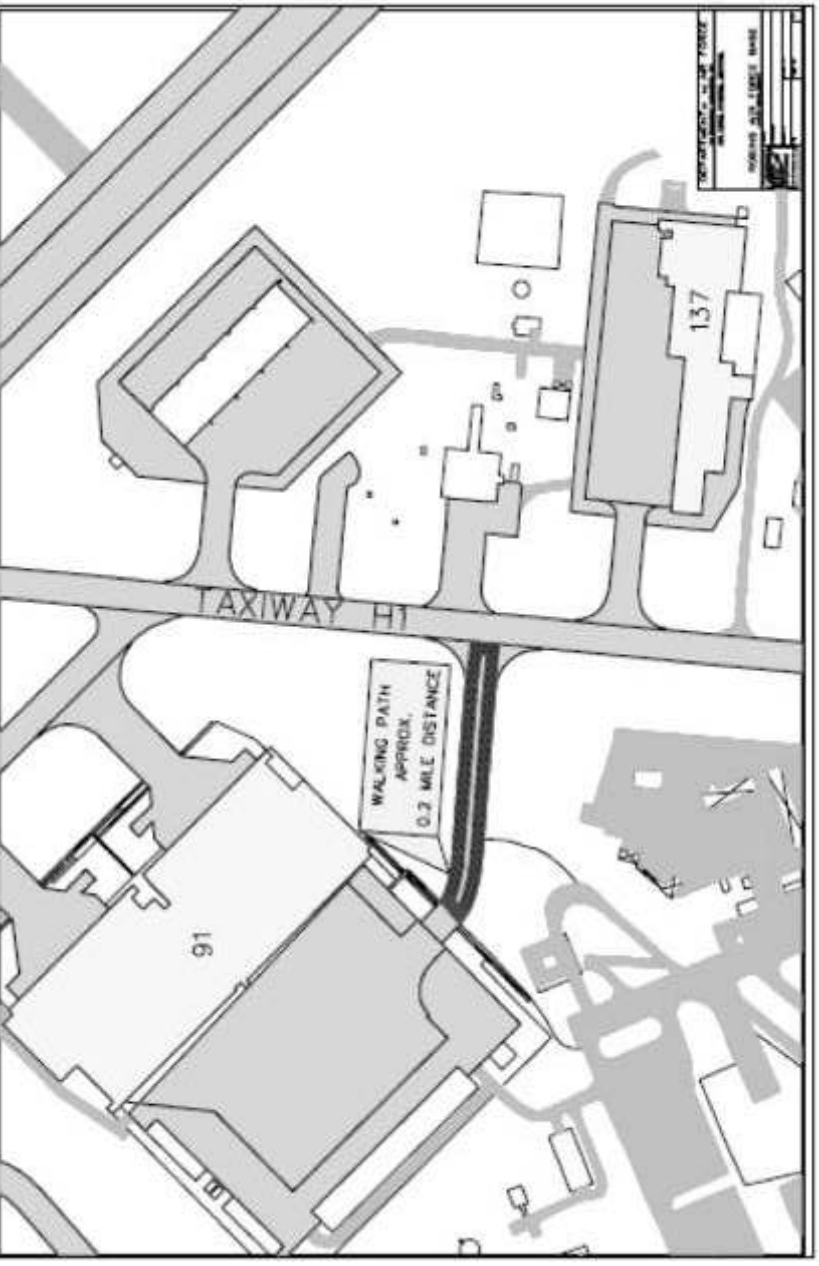


Sample Walking Program

National Institute of Health

	Warm Up	Activity	Cool Down	Total Time
WEEK 1				
Session A	Walk slowly 5 min.	Then walk briskly 5 min.	Then walk slowly 5 min.	15 min.
Session B	Repeat above pattern			
Session C	Repeat above pattern			
Continue with at least three walking sessions during each week of the program.				
WEEK 2	Walk slowly 5 min.	Then walk briskly 7 min.	Then walk slowly 5 min.	17 min.
WEEK 3	Walk slowly 5 min.	Then walk briskly 9 min.	Then walk slowly 5 min.	19 min.
WEEK 4	Walk slowly 5 min.	Then walk briskly 11 min	Then walk slowly 5 min.	21 min.
WEEK 5	Walk slowly 5 min.	Then walk briskly 13 min	Then walk slowly 5 min.	23 min.
WEEK 6	Walk slowly 5 min.	Then walk briskly 15 min	Then walk slowly 5 min.	25 min.
WEEK 7	Walk slowly 5 min.	Then walk briskly 18 min	Then walk slowly 5 min.	28 min.
WEEK 8	Walk slowly 5 min.	Then walk briskly 20 min	Then walk slowly 5 min.	30 min.
WEEK 9	Walk slowly 5 min.	Then walk briskly 23 min	Then walk slowly 5 min.	33 min.
WEEK 10	Walk slowly 5 min.	Then walk briskly 26 min	Then walk slowly 5 min.	36 min.
WEEK 11	Walk slowly 5 min.	Then walk briskly 28 min	Then walk slowly 5 min.	38 min.
WEEK 12	Walk slowly 5 min.	Then walk briskly 30 min	Then walk slowly 5 min.	40 min
& BEYOND				

Bldg 91 Walking Route



How To Check How Hard You Are Exercising

It is important to gauge intensity during exercise because vigorous activity carries an increased risk of injury or accident. Frequent moderate-intensity exercise provides optimum benefits without increasing the risks.

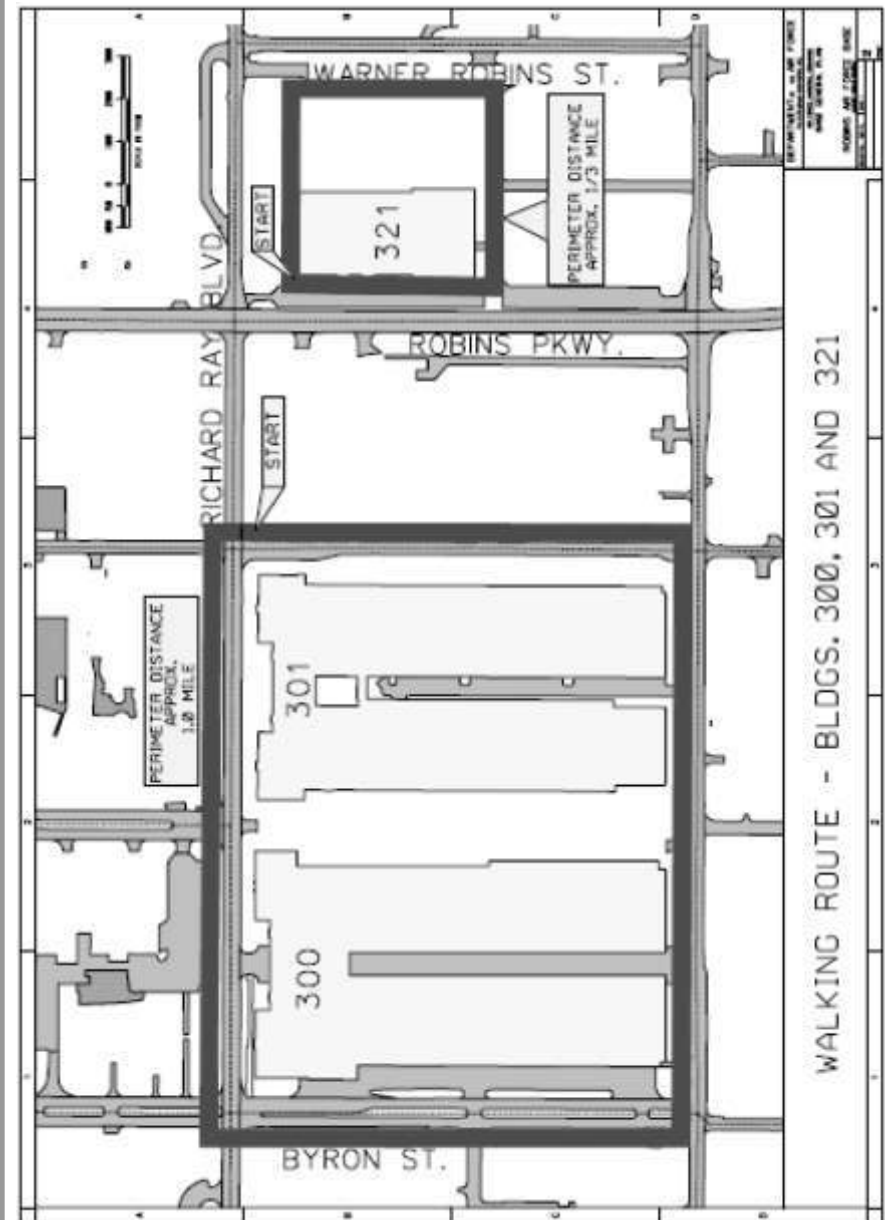
3 Main Ways To Determine Your Exercise Intensity (how hard you are exercising)

- Talk Test
- Rate of Perceived Exertion (RPE)
- Target Heart Rate

The talk test and rate of perceived exertion methods are especially useful for people taking medication (such as beta-blocker or calcium channel blockers) affecting heart rate. Individuals on these medications should check with his/her health care provider before engaging in physical activity.

The goal is to be able to talk in phrases with only slight pauses. You should not feel out of breath or be able to talk really fast with ease. You should be able to breathe and talk comfortably.

Bldg. 300 - 301 Walking Route



Use of Ankle & Hand Weights

- **Avoid using ankle or hand weights when walking.** Ankle Weights increase the risk of strain to your muscles, ligaments, tendons and joints at the hips and knees. The use of hand weights for a prolonged period time may lead to repetitive strain injuries to the elbows, wrist and shoulders.

The weights can also easily throw off your posture, leading to backache and neck ache for muscle definition, it is better to spend 5 minutes, three times a week doing a simple strength training routine rather than trying to do it while walking.

- If you want to burn more calories, increase your duration, then your speed.
- If you are stuck on using walking weights, your first choice should be a weighted vest or waist belt that distributes the weight naturally at your center of mass.

Rate of Perceived Exertion

The RPE Scale gives a quantitative identification of the feeling of fatigue. It indicates a subjective sensation of effort.

Each day estimate how hard you feel your exercise workload is. This feeling should reflect your total amount of exertion and fatigue, combining all sensations and inner feelings of physical stress, effort and fatigue. Focus on the entire body. Try not to underestimate or overestimate your feeling or exertion. Be as accurate as you can.

R.P.E. SCALE:

- 6
- 7 very, very light exertion
- 8
- 9 very light exertion
- 10
- 11 fairly light exertion
- 12
- 13 somewhat hard exertion
- 14
- 15 hard exertion
- 16
- 17 very hard exertion
- 18
- 19 very, very hard exertion
- 20

Try to stay within
12 - 16 training
zones to gain
cardiorespiratory
benefits.



Target Heart Rate Zones

- Use target heart rate zones to monitor how hard you are exercising.
- To find your target heart rate locate your age category on the target heart rate chart.
- Count your pulse for 10 seconds using your radial pulse found at your wrist along the thumb line.
- Do not use your thumb to find your pulse.
- Use your index and middle fingers.
- The first pulse you feel will be zero then continue counting each beat until 10 seconds is complete.
- Look at the chart to see if you are in your appropriate target heart rate zone for your fitness

The radial pulse is felt on the wrist, just under the thumb



Worn Shoe

Foot Type

Cushioning

High Arch



Outside of Heel Is Worn

Stability

Normal Arch



Surface of Heel
Looks Normal



Motion

Flat Foot

Excessive Inward
Rolling of Foot



Inside of Heel is Worn



****The underlined shoe types are considered the best shoe selection based on the condition of our current shoes and your foot type.**

Purchasing Shoes

- Do not purchase shoes because they look good or just because they are on sale! Be sure to change them out at least every 300 to 500 miles.
- Purchase shoes that properly fit your feet and are specific to the activity you will be performing.
- Purchasing the correct shoes for your foot type will help reduce further risks or damage in current foot conditions as well as prevent future problems, such as fallen arches, shin splints, blisters, etc.
- Purchase shoes with shoe laces to provide additional support to your feet.
- Purchase shoes in the evening. Feet are known to swell throughout the day, so the most comfortable shoes should be bought at the end of the day.

How to Determine Your Foot Type

Try the following foot test to determine your foot type

- Wet your feet and step on a brown bag, concrete surface, or any other surface that will provide an imprint of your foot. Compare to the following illustrations to find out your foot type.
- Look at the wear on the heel of your shoes and compare to the following illustrations to also determine your foot type based on how you walk.

Target Heart Rate Chart

Age	55%	60%	70%	80%	85%
15	19	21	24	27	29
20	18	20	23	27	28
25	18	19	23	26	28
30	17	19	22	25	27
35	17	19	22	25	26
40	17	18	21	24	26
45	16	18	20	23	25
50	16	17	20	23	24
55	15	17	19	22	23
60	15	16	19	21	23
65	14	16	18	21	22
70	14	15	18	20	21
75	13	15	17	19	21
80	13	14	16	19	20

Beginner (Walks <3 days/ week)

Try to stay within 55% - 70% range.

Intermediate (Walks 3 - 5 days/week for past 4 - 6 months)

Try to stay within 60% - 80% range.

Advance (Walks most if not all days/week for past 4 - 6 months)

Try to stay within 60% - 85% range.

Flexibility Exercises

- With age, people lose their range of motion in joints. Perform flexibility exercises to maintain or improve range of motion.
- Perform exercises in slow movements and stretch only to a point of slight discomfort. You should not feel pain.
- Do not bounce. Hold the stretches for 10 - 30 seconds and repeat if you have time.

Try the following stretches recommended by the National Institute of Health:

Wall Push (Calf Stretch)

- Lean your hands on wall with your feet about 3 to 4 feet away from the wall.
- Bend one knee and point it toward the wall. Do not let your front knee go over your toes.
- Keep your back leg straight with your foot flat and your toes pointed straight ahead.
- Hold for 10 - 30 seconds without bouncing then switch legs.



Flexibility Exercises

Leg Curl (Quadricep Stretch)

- Pull your right foot to your buttocks with your right hand.
- Keep your knee pointing straight to the ground. Push pelvis toward wall or away from the front of your body.
- Hold for 10 - 30 seconds and repeat with your left foot and hand.



Knee Pull

- Lean your back against a wall.
- Keep your head, hips, and feet in a straight line.
- Pull one knee to your chest, hold for 10 - 30 seconds then repeat with the other leg.



Side Reaches

- Reach one arm over your head and to the side.
- Keep your hips steady and your shoulders straight to the side.
- Hold for 10 - 30 seconds and repeat on the other side.

